

**LOWER CANADA COLLEGE MONTREAL.**

**HEADMASTER, C. S. FOSBERY, M.A.**

Successes 1916.  
4th Place R.M.C., Kingston.  
1st, 7th, 12th Places McGill.  
Entrance Royal Navy.  
Physical Training, Manual Training, Swimming, Rinks, Tennis Courts, Riding, Drawing, Music.  
Term commences Sept. 12, at 9 a.m.

**WEEK-END NOTES.**

(L. C. M.)

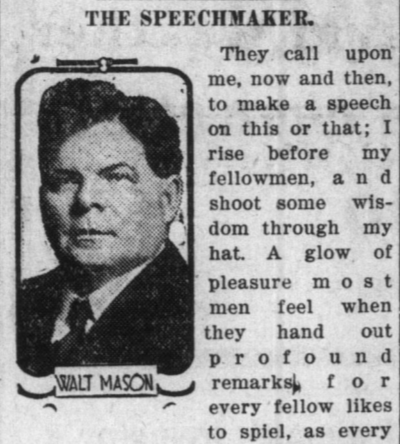
At one of our large central churches last Sunday evening the pastor took for his subject the unusual, and almost novel topic of Holidays. At first hearing, such a topic seemed out of place, but as the rev. speaker opened up his discourse and established his points and applied his illustrations the subject presented a very different position, and when he had concluded his discourse he stood fully justified for his seeming digression from the beaten path of the law and the gospel.

The topic itself suggested to me sufficient for this week's notes, and if what my notes contain will be as clear and as lucid as was the sermon referred to then there will not be any disappointment among the readers.

To those of us who belong to the older school, and who have been in constant harness for over half a century, the idea of a holiday looks like dissipation and extravagance. That is to say when we consider the conditions which prevailed in the industrial world fifty, and even forty or thirty years ago, it seems impossible that a change could take place to such a degree as now exists. Anywhere from ten to fifteen hours a day was then the rule and the overtime counted at the same rate as regular time; while the boys and apprentices got little or nothing. As for the clerks in the shops, they worked three months in the spring and three months in the fall till ten and half-past ten at night, and often till eleven o'clock; and the same rule applied to the book-keepers and the office staff in general. It was the custom and rule of the times to do so, and nobody raised any objection whatever. All were alike and master and men worked equally late and equally early. Holidays, outside of those established by the Church calendar, were unknown, and Regatta day stood out as the one great carnival of the summer season. Men only lived, or seemed to live, to toil; and the main thought of life was how to get a living; and the average man was grateful to get work to do, and very grateful to get meagrely paid for it. The rate of pay for labour and tradesmen in general was as follows, and any who got constant work were considered fortunate indeed; but not many got it, and our winters were usually seasons of prolonged idleness.

Rates:—Labouring men, three shillings, or sixty cents a day; Watchmen, three and six pence, or seventy cents a day, their week consisting of four days and three nights for one, and three days and four nights for the other; Carpenters on the firm, and generally known as handy men, five

was inflicted upon the working classes simply because those in charge did not use their brains and properly divide their work and arrange it in systematic order. I have had to work all night for many a vessel that lay in the harbour days and days after the date that we were told she had to sail. This could have been avoided if common judgement had been used, but as before stated, the conditions of life were different and men were the victims of those conditions.



**THE SPEECHMAKER.**

They call upon me, now and then, to make a speech on this or that; I rise before my fellowmen, and I shoot some wisdom through my hat. A glow of pleasure most men feel when they hand out profound remarks, for every fellow likes to splat, as every dog enjoys his bark. And ten men out of every nine, go on and on, they like it so, till palated hearers wilt and pine, and wish they had some eggs to throw. When I begin I note the clock, which has all time at its command; I keep on squinting as I talk, and mark the moving minute hand. I watch the clock with baleful eye, I stand where I can see its face, and when ten minutes have gone by, I put my tongue back in its place. My lungs would like, like everything, to labor on, but they must cease; I tie my larynx with a string, and put them all in my valise. So I am often asked to rise and thrash the issues of the day, for people know I am too wise to keep it up till they are gray. They know I always watch the clock, and when the proper hour has come, I grab my hat and take a walk, and seal my lips with chewing gum.

**Drinking Tea Upset Nerves**

**Mr. Burroughs Compares Canadian Customs With Those In Old Land, and Tells How Nerves Were Set Right.**

Orillia, Ont., June 23rd.—"How to be well and strong?" is the question many are asking at this time of year, and in this letter you will find the answer.

It tells something of the blood-forming, nerve-regulating influence of Dr. Chase's Nerve Food, the great restorative which is causing so much talk here just now.

Nature's way of curing disease is by building up the vitality of the body, and this is exactly what Dr. Chase's Nerve Food does. The blood is made rich and red, and it nourishes the exhausted nerves back to health and vigor.

The experience of Mr. Burroughs as described in this letter is similar to that of hundreds of others in this community who have recently put this well-known food cure to the test.

Mr. George Burroughs, 23 Peter street, Orillia, Ont., writes: "A few years ago, after coming out of this country from England, the change of customs seemed to affect me. The long over hours of the past will never again be in vogue, the conditions of life do not demand them. There is now more time for rest and recreation, and the workman who puts in eight, or nine or ten hours regular work daily, is in better fettle for this regular work than if he were employed late into the night. Much of the late hour system of the past was a mistake and

**"Potato Pen" is New Discovery.**

**Kansas City Man from Chance Inspection of Cellar Potato Pile Invents Outdoor System of Planting to Increase Crop.**

Burlington, Vt.—Forty-two bushels of potatoes for the season of 1915 from a plot of ground only 8 feet square, or an equivalent of over 28,000 bushels to the acre of ground space used, was the feat of H. E. Hendricks, a resident of Kansas City, Mo., says H. M. George in the Free Press.

This achievement was made possible by the use of an entirely new and original method which has generally introduced, promises not only to revolutionize the potato growing industry throughout the world but to solve the problem of an unending source of cheap food supply for the nations of the earth.

Mr. Hendricks had often watched the potato pile in the cellar in which every spring sent out its shoots through every possible crack and crevice. Sometimes these sprouts would crawl out along the floor a distance of seven feet in order to reach the light. From this beginning he conceived the idea that if this pile was removed out into the open and given soil and fertilizer, the potatoes would grow and multiply.

Three years ago he built what he called a "potato pen" which was nothing more or less than a huge potato hill, the sides of which were supported by a loosely constructed inclosure, built after the fashion of an old rail fence. Within this inclosure, only 8 x 8 feet in size, he planted his potatoes in thin layers of dirt and dressing, piling one layer on another until the pen was eight feet high. The "potato pen" became a mound of green. He had found that his potatoes not only grew better than they did in the cellar but that during the growing time he was able to harvest 40 bushels of as fine potatoes as are grown anywhere. The following year he got 32 bushels in the same sized pen, and last year the total of 42 bushels.

Up to this time Mr. Hendricks has conducted his experiments unknown to but a few of his friends and associates, but owing to the present food shortage, and the nation-wide campaign to speed up food production, he decided to give up his discovery for the free use of people everywhere.

The details of the construction and management of these "potato pens," as described by Mr. Hendricks, outline a plan by which anyone having access to a plot of ground no larger than a flower-bed can raise all the potatoes needed for an average family for a whole year. The potato pens may be built eight feet wide by any length, just so they are built strong enough to keep the sides from spreading. Most any kind of good stout material can be used. If light lumber or boards are used the pen may be braced through the center with wires. Rich earth must be on hand in sufficient quantities to fill the pen to the top.

The potato pen is built 6 x 8 feet, inside measurement, and is 6 feet high. The pen is built as each layer is placed and planted. You can use 1 x 4 inch boards for the ends and sides, leaving a 2 1/2 inch space between the boards for the potato sprouts to come through. Start the pen with a six inch layer of dirt. Then mark off the plot a foot apart each way, allowing six inches of space for dirt all around between the outer row of potatoes and the inside of the pen. Plant a potato seed at every cross line or intersection of the plot, eight hills to the layer of dirt. Then put an inch or two of dressing over the potatoes and sprinkle good with water. Then lay six inches more of dirt, mark off as before, plant, use dressing and water again. Repeat this operation with enough layers to fill the pen to the top. To keep the dirt from falling out of the pen as the layers are placed, draw up old straw or hay against the cracks and crevices.

As the pen rises, place on the fourth layer of dirt in the center of one side, about two feet above the ground, a "moist tester." This is made of any piece of timber about the size of the arm, a piece of 4 x 4 inch by 3 feet long, placed so it will protrude from the pen about a foot. After the potatoes have been planted three weeks loosen the tester, pull out and run your hand in to determine the moisture. By so doing you will know how much water to use on the pen. After the tester has been once removed this can be repeated once or twice a week. Watch the tester and keep the dirt in proper condition.

The pen should be near a water supply so that it can be well watered during dry weather. It should be watered from the top about twice a week unless rainfall is sufficient. The "moist tester" will always enable the grower to determine the proper moisture conditions. The top layer of dirt should be sloped gently toward the center so the ground will absorb and not shed rain, but care should be taken that mud be prevented from forming on top and baking to a crust. When the earth is dry the mound should be sprinkled on the top and sides.

The potato vines will grow to the top and sides of the pen (the nearest way to the light), emerging through the crevices and concealing the timbers with a coat of green. When the potatoes are matured the pen may be taken down the potatoes rolled out of the thin covering with a rake, and the material, dirt and dressing saved and used again and again.

Potato pens may be started as early and as late as possible, giving potatoes 60 days to mature, except the early ones. The usual time of planting potatoes in the North is from March to June, but under this method the potatoes may be planted much later than is possible under open field conditions, where the factor of hot, dry weather must always be taken into consideration. With irrigation and every possible condition of good potato growing—moisture, ventilation and drainage—always under his control, the grower is practically certain of his crop.

shillings, or one dollar a day; Captains, ten pounds, or forty dollars a month; Mates, seven pounds, or thirty dollars a month; Second Mates or Boatswains, five pounds, or twenty dollars a month; Cooks and Stewards, four pounds, or sixteen dollars a month; Able Seamen, three pounds ten, or fourteen dollars a month; and ordinary seamen, three pounds, or twelve dollars a month; House Carpenters, six shillings, or one dollar and twenty cents a day; Coopers, six shillings and six pence, or one dollar and thirty cents a day; Sailmakers, five and six shillings a day; and Riggers, four and five shillings a day. There were three classes of tradesmen who always got decent wages, viz: the shipwrights, masons and the moulders, each of them received ten shillings a day which at that time was good pay. The moulders usually worked on piece work but, they averaged three dollars a week. There was one man at the foundry who did not get very fair pay, it was the man who tended the furnace, and who was known as a smelter, he put in twenty years for thirty-five shillings a week.

For fifty years I have been in touch with these industries, and know exactly what the conditions have been through all that time, and the great change which has taken place is far beyond anything that was ever expected or anticipated by our forefathers. They all felt that their pay was too small and that a better day ought to be in store for their children, but they were not as expectant as to look for the liberal wages which are now paid. However, these better days are now upon us, and those who for long years toiled for bread only, now have a better chance, and men are finding that life is not altogether confined to daily bread.

Comparing the foregoing conditions with the present, we see what an advance has been made, and how much we have to-day that our fathers did not have. They dreamt not of holidays in the sense that we do. Sometimes they had holidays because they could not get work to do; but the thought of a regular holiday in the week, or in the month would have been looked upon as the height of madness. But now holidays are part of life, and every stage of industry grants them more or less. The long over hours of the past will never again be in vogue, the conditions of life do not demand them. There is now more time for rest and recreation, and the workman who puts in eight, or nine or ten hours regular work daily, is in better fettle for this regular work than if he were employed late into the night. Much of the late hour system of the past was a mistake and

**TUB THEM, RUB THEM, SCRUB THEM,**

Keep them clean—you can't hurt

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They have every quality that spells Service—they are light, durable and comfortable.

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**\$1.30 per pair up.**

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AGENTS.

**Everyday Etiquette.**

"I am to visit at the home of a wealthy school friend. Will you give me a few suggestions as to table manners?" asked Susan.

"Seat yourself from the left side of the chair and arise from the same side after the meal is finished. Sit erect; do not lean against the back of the chair, nor rest your arms or elbows on the table. Do not spread out the napkin to its full extent; leave it folded through the middle. As you are to be a guest for more than one meal, note the disposition of the napkin made by your hostess and follow her example. Never cut salad with the knife, but break it with the fork, using a piece of bread or cracker to assist the fork if necessary," advised her older sister.

**THE NEW FRENCH REMEDY, THERAPION No. 1**

**THERAPION No. 2**

**THERAPION No. 3**

**THERAPION No. 4**

**THERAPION No. 5**

**THERAPION No. 6**

**THERAPION No. 7**

**THERAPION No. 8**

**THERAPION No. 9**

**THERAPION No. 10**

**THERAPION No. 11**

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**THERAPION No. 49**

**THERAPION No. 50**

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We make special mention here of our MEAT DAINTIES — Delicious Wafer Sliced Ham and Bacon, and other Cooked Meats.

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This week we draw your attention to our special lines of

**SILK MUSLIN, 40 inches wide, - 35c. yd.**  
in Pale Blue, White and Cream.

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Some Pound KHAKI ENDS, suitable for Men's or Boys' Overalls.

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